

What is claimed is:

1. A golf club head comprising:
 - a front surface defining a strike face;
 - a rear surface opposite the front surface;
 - a sole;
 - a top edge;
 - a hosel; and
 - a muscle back portion interposed between the front surface and the rear surface and defining a cavity disposed therein.
2. The golf club head of claim 1, wherein the cavity is not visible from the exterior of the golf club.
3. The golf club head of claim 1, wherein the rear surface includes a muscle back surface and a blade surface, wherein the muscle back surface is proximal the sole and the blade surface is proximal the top edge and, wherein the muscle back portion is interposed between the muscle back surface and the front surface.
4. The golf club head of claim 3, further comprising a compressible material at least partially filling the cavity, wherein said compressible material has a specific gravity less than the material displaced by the cavity.
5. The golf club of claim 3, wherein the blade surface is substantially parallel to the front surface.
6. The golf club of claim 3, wherein the muscle back surface includes an upper ledge that generally follows the contour of the top edge.
7. The golf club head of claim 1, wherein the cavity is vertically spaced from the sole.

8. The golf club head of claim 1, further comprising an elastomer at least partially filling the cavity.

9. The golf club head of claim 8, wherein the elastomer comprises a polyurethane elastomer.

10. The golf club head of claim 1, wherein the muscle back portion covers at least half of the surface area of the rear surface.

11. A set of golf clubs, each of the golf clubs including a shaft and a club head, each club head including a hosel for connecting the club head to the shaft, a heel, a toe, a striking surface, and a rear portion opposite the striking surface, wherein at least one of the lower lofted clubs and at least one of the higher lofted clubs in the set each includes a muscle back portion as an element of the rear portion and defining a cavity therein, wherein the cavity of the at least one lower lofted club is larger in volume than the cavity of the at least one higher lofted club.

12. The set of golf clubs of claim 11, wherein the cavity in the at least one lower lofted club is positioned more towards the toe of the club head than the cavity in the at least one higher lofted club.

13. The set of golf clubs of claim 11, wherein the at least one lower lofted club includes a polyurethane elastomer disposed in the cavity.

14. A golf club comprising:

a shaft; and

a muscle back iron golf club head attached to the shaft, wherein the muscle back iron golf club head includes a substantially flat back having an extra mass portion

positioned toward the bottom of the club head, wherein the extra mass portion defines a cavity therein.

15. The golf club of claim 14, wherein the cavity is substantially entirely enclosed by the club head.

16. The golf club of claim 15, further comprising a high rebound elastomer disposed in the cavity.

17. The golf club of claim 14, wherein a substantial portion of the extra mass portion is positioned below the cavity.

18. The golf club of claim 14, further comprising a high rebound elastomer at least substantially filling the cavity.

19. The golf club of claim 14, wherein the cavity has a width in vertical cross-section that is slightly less than a width of the club head measured along the same line.